

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

JUNE 2016

## Peanutty Cereal Snack Mix

### No-bake Snack Mix

### Personalized Snack Mix

### Chocolate Cereal and Fruit Snack Mix

### Milkshake

#### Peanutty Cereal Snack Mix

5 cups wheat squares (such as mini-wheats)  
1½ cups cereal squares (such as corn or wheat Chex or Crispix)  
½ cup toasted oat rings cereal (such as Cheerios)  
1 cup raisins  
2 tablespoons margarine  
2 tablespoons light corn syrup  
½ cup smooth peanut butter

1. Mix cereals and raisins together in a large bowl; set aside.
2. Melt margarine on low heat; add corn syrup and peanut butter. Cook until the mixture comes to slight boil, stirring often. Pour over the dry mixture and mix well.
3. Spread the snack mix on wax paper to cool.

Recipe Source: Pinchin' Pennie\$ in the Kitchen, Make Your Own Snack Mixes, NDSU Extension Service, [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

**Nutrition Note:** This recipe makes 32 (¼ cup) servings. Each serving has 90 calories, 3 grams of fat, 2 grams of protein, 15 grams of carbohydrates and 40 milligrams of sodium.

#### No-bake Snack Mix

4 cups cereal squares (such as corn or wheat Chex or Crispix)  
1¼ cups whole-grain crackers (such as Wheat Thins)  
1¼ cups bite-size cheddar cheese crackers (such as Goldfish)  
1½ tablespoons vegetable oil  
½ (1 ounce) envelope ranch salad dressing mix

1. Combine cereal and crackers in a large bowl.
2. Drizzle with oil and stir gently.
3. Sprinkle with dressing mix and stir gently.

Recipe Source: Pinchin' Pennie\$ in the Kitchen, Make Your Own Snack Mixes, NDSU Extension Service, [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

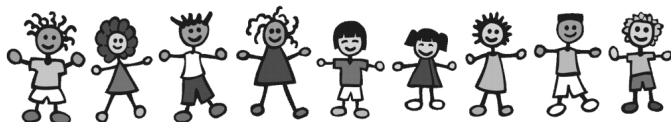
**Nutrition Note:** This recipe makes 26 (¼ cup) servings. Each serving has 60 calories, 2 grams of fat, 1 gram of protein, 8 grams of carbohydrates and 140 milligrams of sodium.

## Breastfeeding:

### Why breastfeed?

*“Breastfeeding my baby is not only healthy for my baby, but I want to be there for my baby. It will be our cuddle time...our bonding time.” ~ Marilee, WIC Breastfeeding Mom from Fargo*

For more information about breastfeeding, go to [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).



## Tips for Raising Healthy Eaters

Listen to your children when they say they are full. Young children will eat the amount they need. Toddlers have a strong sense of hunger, appetite, and fullness, so they are likely to stop eating when they are full rather than when the food is gone.

#### Personalized Snack Mix

4 cups cereal of various shapes (examples: whole grain or multigrain squares or rings)  
1 cup bite-sized crackers (examples: Goldfish, animal crackers, cheese crackers)  
½ cup dried fruit (examples: raisins, dried cranberries, apples, blueberries)  
½ cup nuts, optional (examples: peanuts, almonds, mixed nuts)  
¼ cup “treat”, optional (examples: chocolate chips, butterscotch chips)

1. Create your own snack mixes by mixing your favorite ingredients in a large bowl. Makes about 25, ¼ cup, snacks.

Recipe Source: Pinchin' Pennie\$ in the Kitchen, Make Your Own Snack Mixes, NDSU Extension Service, [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

## Chocolate Cereal and Fruit Snack Mix

- ¼ cup butter or margarine
- 1½ teaspoon sugar
- 1½ teaspoon unsweetened cocoa (optional)
- ¼ teaspoon cinnamon
- 1½ cup bite-sized crisp rice squares cereal
- 1½ cup bite-sized crisp wheat squares cereal
- 1 cup toasted oat rings cereal (such as Cheerios)
- ½ cup small graham crackers (such as Teddy Grahams)
- ¾ cup dried fruit (such as dried cranberries)
- ½ cup chocolate chips

1. In a 4-quart microwave-safe bowl, place butter or margarine. Microwave on high for one minute or until melted.
2. Stir in sugar, cocoa and cinnamon. Add cereals and graham crackers. Stir until evenly coated. Microwave on high three minutes, stirring each minute.
3. Stir in dried fruit. Microwave on high three minutes, stirring each minute. Cool completely. Stir in chocolate chips.

Recipe Source: Pinchin' Pennie\$ in the Kitchen, Make Your Own Snack Mixes, NDSU Extension Service, [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

**Nutrition Note:** This recipe makes 22 (¼ cup) servings. Each serving has 100 calories, 4 grams of fat, 1 gram of protein, 15 grams of carbohydrates and 30 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

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## Turn Off the TV



**Treat the Family with Fun Physical Activity:**  
When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

## Milkshake

- 1 cup fat-free skim or 1% milk
- 2 cups vanilla ice cream, softened
- 1 teaspoon vanilla

1. Combine all ingredients, mixing until foamy. (A blender can also be used for mixing.)
2. Spoon into glasses.

### Variations:

- Peanut-Honey: Add 1 tablespoon honey and two tablespoons peanut butter.
- Banana: Add 1 mashed banana.
- Fruit: Add ½ cup mashed fresh or canned fruit.
- Chocolate: Add 2 tablespoons chocolate syrup.



**Nutrition Note:** This recipe makes 4 servings. Each serving has 160 calories, 7 grams of fat, 4 grams of protein, 19 grams of carbohydrates and 80 milligrams of sodium.

## GROWING HAPPY FAMILIES



### Patience works better than pressure.

Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy new foods when eating them is their own choice. It also teaches them how to be independent.